

WARRIOR

Year of the B-2

Vol. 4 No. 34
August 30, 2013

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*Cannon Range
Sept. 7 event
cancelled*

Chief cycles towards success

A real-life Superman, Pg. 8

Whiteman hosting blood drive Sept. 6

By 1st Lt. Brian Gunn
509th Communications Squadron

Last year, 28,000 individuals in our area needed a blood transfusion. This year, the local needs for blood are expected to rise. The Community Blood Center, the provider of blood services to local hospitals, will be conducting a blood drive on Friday, Sept. 6, at Whiteman Air Force Base's Community Activity Center. The blood drive will help local hospital patients in our area that depend on life-saving blood donations.

"When individuals normally think of essential community services, they think about the fire and police departments," said Dr. Jay Menitove, executive director and medical director of the Community Blood Center. "However, because Community Blood Center is here to meet the needs of the local patients, we would hope that individuals in our community would consider us to be just as essential."

Individuals at Whiteman AFB can help meet these needs by donating blood at the Community Blood Center blood drive from noon to 5:00 p.m. on Sept. 6. To make an appointment online, go to www.esavealifenow.org and use the sponsor code "Whiteman." Walk-ins will also be accepted. To donate blood, a person must be at least 16 years old, weigh at least 115 pounds and be in good health.

Just one donation can help two local hospital patients. The Community Blood Center must collect at least 580 pints of blood every day to meet the needs of our area.

For more information, please contact 1st Lt. Brian Gunn at 687-4167 or brian.gunn@us.af.mil.



37% of the population is eligible to donate blood, but only 7% does.
Join the 7% team today.

Whiteman Air Force Base BLOOD DRIVE
Friday, September 6 • 12:00 p.m. - 5:00 p.m.
Located in the Community Activity Center



Book your appointment today at esavealifenow.org, enter Sponsor Code: **whiteman**.
You may also contact Brian Gunn at brian.gunn@us.af.mil.



Medical eligibility questions? Call 800.245.7035. *Source: America's Blood Centers.

Diamond Sharp Winner!



U.S. Air Force photo/Tech Sgt. Danielle Johnston

The Whiteman First Sergeants Council presents the Diamond Sharp Award to Staff Sgt. Katherine Garneau, 495th Fighter Group Det. 303 Assistant NCO in charge of debrief, at Whiteman Air Force Base, Mo., Aug. 13, 2013. Garneau donated 24 hours to a local church and led recreation activities for a Vacation Bible School, and trained more than 800 Reserve members on sexual assault awareness in four sessions as the unit victim advocate. She accomplished these achievements while temporarily working with the 495th FG; she will be returning to her normal position as a 442nd Fighter Wing A-10 Thunderbolt II crew chief after the Labor Day weekend.

THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

To advertise in *The Warrior*, call the Sedalia Democrat at: 1-800-892-7856.

On the cover

U.S. Air Force photo/
Staff Sgt. Brigitte N. Brantley

U.S. Air Force Chief Master Sgt. Leroy Cooper, chief controller for the 509th Operations Support Squadron, during a ride through Knob Noster State Park, Mo., Aug. 22, 2013. Cooper accrued more than 1,100 miles while undergoing proton beam therapy for prostate cancer in mid-2013. Just one week after being declared cancer-free, he rode in the world's oldest, largest and longest bicycle touring event.

NEWS BRIEFS

Correction

In last week's edition of the Whiteman Warrior we incorrectly identified Samantha Melby and Callie Hicks as July's Top III MVP award winners. Melby and Hicks were July's Top III Scholarship Grant winners. We regret the mistake.

509th MS sets stockpile inventory

The 509 Munitions Squadron will be conducting a 100-percent stockpile inventory Sept. 3-6. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the inventory. During this week we will only process emergency requests submitted in writing and approved by the group commander (or equivalent). If you have any questions or concerns please contact MSgt Torrez at 687-8049 or TSgt Bailey at 687-8051.

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



WEATHER

Today	Saturday
Hot	Sunny
Hi 97	Hi 96
Lo 73	Lo 74
Sunday	Monday
Chance of Storms	Sunny
Hi 93	Hi 85
Lo 73	Lo 67

Introducing MiCare, AFMS' New Online Secure Messaging System coming soon to Whiteman

The Air Force Medical Service is excited to begin patient registrations for MiCare, the military's online confidential secure messaging service. This system has been shown to significantly reduce the number of phone calls between patients and providers, increase patient satisfaction, and save time for the medical office staff and the patient. The AFMS aims to enroll as many patients as possible into MiCare and utilize secure messaging as the primary form of communication between patients and their healthcare teams.

Patients currently enrolled in MiCare are already talking about the ease, accessibility and benefits of this Internet-based service. One MiCare enrollee said, "It is always empowering to be able to communicate via the Internet about routine health issues - and can very well prevent visits to the clinic." Another enrolled patient said MiCare "will answer lots of questions and save so much time for both doctors and patients."

On MiCare, patients can request appointments with healthcare providers, get test results, request prescription refills or ask their healthcare team medical questions via secure electronic messaging that bypasses phone-trees, voicemail and phone tag. MiCare is currently set for secure messaging and will be adapted to include Personal Health Records at a later date.

"I had the opportunity to use MiCare for three months prior to ar-

riving here at Whiteman," said Lt. Col. Joel Dixon, 509th Medical Operations Squadron commander. "During that time I found it extremely useful, especially when I had a question for my PCM while I was out on a temporary duty assignment. I was able to send a message through the MiCare system and quickly got a response back from her. I was also able to request med refills without calling and leaving a message. In general, it made interaction with my PCM team much faster and easier."

Registration for MiCare will begin the last week of August. To register, patients can visit the check-in desk for their assigned 509th Medical Group clinic to initiate the face-to-face registration process. Patients will need to show their military identification card and provide basic information such as name, social security number, birthday and email address. An email will be sent to the provided email for patients to finish enrollment. Once enrollment is complete, confidential messages may begin.

MiCare has been designed to support patients and healthcare teams and will be implemented Air Force-wide, so once registered, a patient will remain in the system--no matter where the Air Force takes them.

For more information, visit <http://www.afms.af.mil/micare> or <http://www.whiteman.af.mil/units/509mdg/index.asp>

Commander's Labor Day Message

Here we are at the end of a beautiful summer in central Missouri, and what a great summer it has been. I want to thank every member of Team Whiteman for your service and your 'labors' these busy past few months. I also want to thank our Team Whiteman families for the support they provide every day, and the sacrifices they make for the members of our Total Force team.

And now, with children back in school and the days starting to grow shorter, it's time for one last summer hurrah before fall rolls around: Labor Day Weekend!

I want to take this opportunity to remind everyone Labor Day activities always be planned with safety in mind. Whatever you do this weekend -- swimming, boating, or



just cooking on the grill -- do it safely. That goes especially for driving.

According to the National Safety Council, traffic fatalities increase on Labor Day weekend more than any other holiday week-

end. Their studies also show that seat belts, when used, are 45 percent more effective in preventing fatalities among front-seat passenger car occupants. And if you decide to drink this weekend, HAVE A PLAN. Airmen Against Drunk Driving will be working this weekend to keep us safe, and you can reach them any time at 660-687-RIDE (7433).

We had a great summer filled with tremendous successes, and I look forward to the rest of the year with you. Please keep safety in mind while planning your activities this weekend. I want you to return to work next week refreshed, energized and, most importantly, alive.

- Brig. Gen. Thomas Bussiere

Around the Air Force



U.S. Air Force photo/Senior Airman Armando A. Schwier-Morales

Maintainers from the 8th Fighter Wing prepare F-16 Fighting Falcons for training flights Aug. 15, 2013, at Kunsan Air Base, South Korea. Being ready at all times ensures Airmen are ready to complete the Kunsan AB mission.

Bailey, Kennish assume new command roles at 131st Bomb Wing

By Staff Sgt. Sean Navarro
131st Bomb Wing Public Affairs

The Missouri Air National Guard's 131st Bomb Wing held a rare joint assumption of command ceremony at Mission's End during its August drill Aug. 25.

During the combined ceremony, Maj. Jared Kennish assumed command of the 110th Bomb Squadron and Maj. Ryan Bailey assumed command of the 131st Operations Support Flight.

"Command is the single most important duty in our Air Force," said Col. Michael Pyburn, 131st Operations Group commander. "Our Air Force's success depends on the quality of its leaders, and we look forward to the continued outstanding leadership we have seen from Kennish and Bailey."

Kennish, most recently the chief of the 131st BW Plans and Programs Office, steps into leadership of a squadron that just celebrated its 90th anniversary June 23.

"I have inherited a great squadron with a rich history that dates back to 1923," said Kennish. "The men and women of the 110th have worked extremely hard to get to where they are now - to be combat-mission ready."

Bailey most recently executed duties as the 110th Bomb Squadron director of operations and is looking forward to leading his new team.

"We have tremendous Citizen-Airmen in the 131st Operations Support Flight. It's humbling to be asked to serve as their



Missouri Air National Guard Maj. Jared Kennish (left photo) assumes command of the 110th Bomb Squadron, and Missouri Air National Guard Maj. Ryan Bailey (right photo) assumes command of the 131st Operations Support Flight during ceremonies at Whiteman Air Force Base, Mo., Aug. 25, 2013. Col. Michael Pyburn, 131st Operations Group commander, left in both photos, presided over the ceremonies. The assumption of command is based on a time-honored tradition of bestowing incoming commanders with organizational flags that have color arrangements and symbols unique to each unit.

commander," said Bailey. "It is the highest honor of my professional life to be here today."

As part of the 131st Bomb Wing of the Missouri Air National Guard, the 131st Operations Group has ensured total force integration with the active duty's 509th Bomb Wing. With much of the adjustment to integrated operations complete, both officers hope to take their mission success to the next level.

In addition to sustaining combat-mission readiness, Kennish said he plans to

set the squadron up for future success by focusing on individual and family readiness. While increasing unit cohesion between the members of the 110th and their families, Kennish also wants to focus his team of veteran Guardsmen on mentoring the younger generation of Citizen-Airmen.

"The way I see my role is to balance the demands of our mission and the needs of our families," said Kennish. "I would like to bring some youth into the squadron and use the experience we have to train our Airmen and leaders of the future."

Bailey recognizes that serving in the Air National Guard requires Airmen to balance civilian and military lives, often requiring great sacrifices on the part of Citizen-Airmen and their families.

Serving the state and nation are worth those sacrifices, he said.

"Serving can be inconvenient, it can be aggravating, it is demanding, and frankly not suited for most people - but it is a worthy and high calling," Bailey said. "I'm proud to be part of the Air Guard, this state and this mission."

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OTS prospect touts the importance of fitness



Gerald Cawelti, a U.S. Air Force Officer Training School prospect, performs box jumps during a competition at the CrossFit Believe gym in Warrensburg, Mo., Aug. 8, 2013. More than \$2,530 was raised during the event in support of people all over the world who are receiving care for brachial plexus injuries.

*U.S. Air Force photos/
Staff Sgt. Nick Wilson*



Gerald Cawelti, center, a U.S. Air Force Officer Training School prospect, sprints 100 meters during a competition at the CrossFit Believe gym in Warrensburg, Mo., Aug. 8, 2013. In addition to the sprint, Cawelti performed three sets of 20 medicine ball squats, 20 repetitions of a "toes to bar" exercise and 30 box jumps to complete the competition's workout.



Gerald Cawelti, a U.S. Air Force Officer Training School prospect, performs 20 medicine ball squats during a competition at the CrossFit Believe gym in Warrensburg, Mo., Aug. 8, 2013. More than 165 people at the event, including military members and civilians, raised money to support the United Brachial Plexus Network. The UBPN is a non-profit organization that works to support individuals around the world who have brachial plexus injuries.



Gerald Cawelti, a U.S. Air Force Officer Training School prospect, performs a "toes to bar" exercise at a competition at the CrossFit Believe gym in Warrensburg, Mo., Aug. 8, 2013. During this exercise, Cawelti had to support his body weight while simultaneously lifting his feet to touch the bar. Cawelti performed three sets of 20 repetitions.

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

President John F. Kennedy once said, "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

This quote holds especially true for Gerard Cawelti, a 22-year-old graduate of the University of Central Missouri who hopes to earn a commission as an officer in the U.S. Air Force. His ultimate goal is to become a remotely piloted aircraft operator.

Throughout his childhood as a 'military brat,' Cawelti has always been physically active and involved with different sports. Since the Air Force requires its members to also be active and physically fit, Cawelti thought it would be a good idea to join the Air Force.

"Fitness is a part of my lifestyle," Cawelti said. "In order to be a well-rounded individual, you have to focus not only on academics, work, interpersonal relationships and things of that nature, but you also have to focus on yourself and making sure you can live a long and successful life. Being physically fit will help in all aspects of life because everything encompasses fitness."

At Officer Training School, fitness is one component that will decide whether officer candidates survive the course or are asked to pack their bags, said 1st Lt. Kevin Knutson, 509th Logistics Readiness Squadron vehicle management flight commander.

"When my OTS class graduated, 96 percent of us gradu-

ated with a 90 or better on our physical training test," Knutson said. "When candidates first show up at OTS, the one factor they have control over is their fitness level. That is also the one thing they'll be immediately dismissed for if it doesn't meet the standards."

Knutson was commissioned into the Air Force through the same process Cawelti will go through.

"The way the OTS leadership team sees it, if you aren't physically fit you aren't mentally fit and you're in no good position to make decisions on the behalf of other people," Knutson said.

Since physical fitness is tied very closely to mental fitness and overall health, being in solid shape is key to being a leader and making good decisions, Knutson said.

For Cawelti, the benefits of physical fitness are self-evident.

"Having a physically fit body can help the brain retain a lot of information," Cawelti said. "It also gives you a break from all the stress of home, work and school."

Along with easing stress, fitness also can help an individual increase his or her self-confidence, Cawelti said.

"Fitness is important because you can exert all of your self-assurance, and it makes you feel like you are ready to take on the world," Cawelti said.

This boost in self-reliance that fitness can provide also helps Cawelti set goals for himself both in and out of the gym, he said.

One of Cawelti's goals is to travel around the world performing various missions for the Air Force.

"As a child, my father served in the Air Force and was able to get assigned overseas with my family," Cawelti said. "That sparked my interest in the Air Force."

Born at the now-closed Clark Air Base in the Philippines, Cawelti grew accustomed to traveling around the world. He has also lived at Kadena Air Base, Japan, and Ramstein Air Base, Germany.

"My family did a lot of traveling while stationed in Japan and Germany," Cawelti said. "It was a really cool experience overall."

As a history major with a minor in world languages and customs, Cawelti aspires to see more of the world while serving his country.

"Being a history buff, reading a lot about World War II and seeing the patriotism that was rampant in the 1940-1950 era really made me feel like it's the right thing to do," Cawelti said.

With a grandfather who served an enlistment during the pre-Vietnam era as a crew chief and a father who made the Air Force a career, Cawelti seeks to follow in the footsteps left by the men before him.

"I've always wanted to join the Air Force," Cawelti said. "Being a military brat, I was able to see all of the benefits and opportunities the Air Force has to offer."

To accomplish that goal, Cawelti will rely heavily on the solid foundation of physical fitness he has built.

"Fitness helps me stay focused on making improvements in the areas of my life that are important," Cawelti said. "That way I can stay focused on the goals ahead of me."

Spouses clubs looking for new members



Courtesy Photo

Members of the Whiteman Officer Spouses Club pose for a photo at the August Spouses Social at Whiteman Air Force Base, Mo., Aug. 9, 2013. The officer and enlisted spouses clubs run the base Thrift Store and Airman's Attic. Profits from the Thrift Store are donated to charities and scholarships.

By Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

The Whiteman Officer Spouses Club will be hosting a membership drive Sept. 19, at the Stars and Strikes Bowling Center, while the next Whiteman Enlisted Spouses Club meeting will be held Sept. 17 at the Mission's End club. The goal of these socials is to add new members to the clubs while also enjoying a good time.

"The purpose of the spouse's clubs is to provide support for each other through social events and activities," said Patti Temple, WOSC president. "We put a high emphasis on working to support our base and local communities."

The spouses clubs have volunteered their time to fully run the base Thrift Store and Airman's Attic.

"The Airman's Attic offers free items for staff sergeants and below, while the Thrift Store offers items for anybody on base at discounted prices," Ashley Hager, WOSC member. "We take the profits from the Thrift Store and use it to give back. We are able to offer scholarships and make donations to other organizations."

The clubs also work with the local community to support organizations such as the Destiny House in Warrensburg, as well as future events like the Veterans Poker Walk.

Last "board" year, the WESC and WOSC were able to give away thousands of dollars

through grants, donations and scholarships. Some of the charities that the clubs supported include: Air Force Village, American Cancer Society, The Bittersweet Place, Knob Noster Back Snack, Spirit Café and the Whiteman AFB Youth Center.

Any active-duty and retired spouses, as well as Guard, Reserve and GS officer-equivalent spouses, are welcome to join the clubs.

"I joined the club as a chance to meet new people," Hager said. "It also gave me a great platform to give back some of my time and talents to the base and surrounding communities."

Temple believes the clubs are a great opportunity for any spouse, especially those new to the base.

"We provide a sense of community and friendship for our spouses," Temple said. "We are all spouses of military members, so essentially we are all in the same boat and it helps us relate to each other."

"Some of our spouses work outside of home, some are stay-at-home moms or full time homemakers, but we all share the same desire to meet people, build lasting friendships and become actively involved in helping our community," Hager said.

If you are interested in becoming a member you can contact Christine Theaker for the enlisted club at wescmemberships@gmail.com, and Jackie Stubbs for the officer club at wosc.memberships@gmail.com.



Courtesy Photo

Members of the Whiteman Officer Spouses Club enjoy time together at the August Spouses Social at Whiteman Air Force Base, Mo., Aug. 9, 2013. The purpose of the spouses club is to provide support for each other through social events and activities while volunteering to support the base and local communities.

Sleep Smart

Need better sleep?

The popular "Sleep Smart" program has returned to the Health and Wellness Center!

We will cover sleep deprivation, effects of fatigue on performance, alertness management and preventive strategies. We'll also cover how to handle your sleep if you work on a shift schedule.

September's "Sleep Smart" class will be held Sept. 4 from 12:30 to 1:30 p.m. You can sign up by calling the HAWC at (660) 687-1199.



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Speech Tue - Thurs **FULL**

Session 2 (Sept 24-October 14th)

Comp I Mon - Wed

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Session 3a (Oct 15th- Nov 4th)

Humanities Mon - Wed

Session 3b (Oct 15- Nov 18th)

College Algebra Mon - Wed

College Algebra Tue - Thurs

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From The Frontlines: Staff Sgt. Joseph Hausman

By Airman 1st Class
Shelby R. Orozco
509th Bomb Wing Public Affairs

When the option came to deploy again, Staff Sgt. Joseph Hausman, 509th Munitions Squadron conventional maintenance crew chief, knew he wanted to go.

Hausman, who is deployed to Southeast Asia, left in April of this year and will be returning in October. He works as an ammo troop with the 386th Expeditionary Maintenance Squadron.

His job while deployed is a bit different than his job here at Whiteman, allowing him to experience different areas of the ammo career field.

"I work in the Munitions Storage Area," said Hausman. "Most ammo troops are assigned to one section at their respective base, but here I have a hand in storing, inspecting, delivering and accounting for all the munitions assigned to this base as well as munitions that are in transit to other locations in our area of responsibility. Back at Whiteman, I was assigned to the conventional maintenance section that was only responsible for building the munitions payload that goes into the B-2 Spirits."

Although his day-to-day operations vary, his main mission is to provide munitions for the defense systems on the C-130 aircrafts assigned to his base, along with inspecting and storing munitions for the base's security forces members.

"There are days spent entirely on downloading expended munitions from C-130s and replenishing them with new ones," said Hausman. "But we also spend time reorganizing the base stockpile of munitions to better meet the base's needs, or even doing periodic inspections on munitions in storage to ensure they have not been damaged."



Courtesy photo

U.S. Air Force Staff Sgt. Joseph Hausman, 509th Munitions Squadron conventional maintenance crew chief, works as an ammo troop with the 386th Expeditionary Maintenance Squadron while deployed to Southeast Asia, Aug. 17, 2013. Hausman deployed in April and is expected to return in October of this year.



Courtesy photo

Hausman is thankful for his wide range of duties, which have provided him with new knowledge of his career field.

"Since arriving here I have gotten a better look into all aspects of ammo, which in turn is very helpful in furthering my career as an ammo troop," said Hausman. "I'd say that has been the best part of this deployment – just the amount of knowledge I have gained since my arrival."

Although Hausman has enjoyed his time deployed, he still misses home.

"Without a doubt the thing I miss most is my family," said Hausman. "Being away from my wife has been very hard but in the long run I know it will only make our relationship that much stronger, and I just want her to know I love her."

When Hausman is not working or thinking about his family, he spends his time focusing on volunteer work.

"I try to volunteer as much as I can," said Hausman. "I have volunteered several times with tearing down and cleaning up after the monthly cultural bazaars here, and I am currently working with our explosive ordnance disposal team, [and] helping them clear our explosive range of any unexploded ordnance."

His supervisor at Whiteman, Tech. Sgt. Joseph Atherton, 509th MUNS conventional maintenance NCO in charge, is very proud of Hausman and all he has accomplished.

"Sgt. Hausman is an excellent Airman; he is very knowledgeable and intelligent," said Atherton. "His work ethic is above reproach and is evidenced [by] his promotion to staff sergeant on his first try. Although he is a brand-new NCO, we know he is one of the best we have. His success down-range comes as no surprise and I feel the sky is the limit for him, and we expect him to continue to do great things throughout his Air Force career."

Hausman went into his deployment with goals of self-improvement and has met success there, as well.

"My main goal was to leave this deployment knowing I am a better person," said Hausman. "I am using it as a tool to better myself not only mentally but also physically. Since arriving I have gained a lot of valuable job knowledge and completed my 7-level online training. Physically I've managed to lose 35 pounds since my arrival. I feel that I have accomplished both of my goals and that makes this deployment a success."

As an Airman, Hausman, who was recently award NCO of the month, truly puts service before self.

"Ask anyone who knows me, they will tell you I am a very patriotic person," said Hausman. "This deployment and my previous one were both voluntary. If being deployed is what's asked of me, I have no problem fulfilling my duty."

U.S. Air Force Staff Sgt. Joseph Hausman, 509th Munitions Squadron conventional maintenance crew chief, works as an ammo troop with the 386th Expeditionary Maintenance Squadron while deployed to Southeast Asia, Aug. 17, 2013. Hausman works in numerous munitions areas while deployed and recently won NCO of the month.



Chief cycles through cancer

Story and photo by Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

Lee Cooper has always been a tough guy.

But on the day this chief master sergeant found out he had prostate cancer, he sure didn't feel that way.

"I was supposed to be Superman," said Cooper. "I was a dad, a husband and a chief ... there wasn't supposed to be anything I couldn't fix or do."

Fast forward 12 months to July 2013. Just one week after finishing 44 fatiguing cancer treatments and being declared cancer-free, Cooper rode for the Air Force Cycling Team in the world's oldest, largest and longest bicycle touring event.

The Register's Annual Great Bicycle Ride Across Iowa, or RAGBRAI, is a seven-day ride that covers 468 miles. It is a daunting goal even for riders in peak physical condition.

From the moment of diagnosis, nothing about the way Cooper conducted himself around his family or Airmen indicated he was battling the second most-deadly form of cancer for American men.

Throughout his treatment, he kept up his duties as the chief controller at the 509th Operations Support Squadron while balancing time as a family man and continuing to cycle or run nearly every day.

"My father also had prostate cancer, so I knew I was at risk. When the nurse told me and my wife we had to come in to get the biopsy results, we figured it was the worst news," said Cooper. "It was very humbling, but I was 'lucky' and caught the cancer at the earliest stage possible."

His first instinct was to keep the bad news private. He told family members, but was hesitant to share it with too many coworkers. As the 509th OSS chief controller, he did

not want his personal problems to spill over into his responsibility of taking care of his air traffic control Airmen.

But he had long preached "faith and family first," and finally decided he had to share his situation with his Air Force family.

"I only talked to a few people about it at first, but I knew there would be murmurings or rumors about what was going on," said Cooper. "I'm not a big softie or anything, but I had an emotional moment and gathered my controllers. I told them I had been diagnosed with prostate cancer and I was looking into options. I then told them I appreciated their sincerity and concern, but that I didn't want anything to change."

And he made sure to set the tone so that very little did change.

"Any time he was at work, you couldn't tell he was dealing with a potential death sentence," said Senior Master Sgt. Thomas Scheving, the assistant chief controller for the 509th OSS. "Something that was such a big deal to the people around him didn't seem to faze him. He was so strong, and he kept taking care of his work and Airmen like usual."

According to Cooper, this way of dealing with a hardship was nothing special -- it was just the way he was raised. His father, who retired as a colonel after serving during the Vietnam War as a B-52 Stratofortress pilot, played an undeniable role in developing this mindset.

"My father always had loving arms and kind words, but a firm voice when needed," said Cooper. "I saw him go off to war several times, and he taught me to always surmount the obstacles life puts before you."

"When I found out I had been diagnosed with prostate cancer just like my father, it was just another obstacle to overcome," he said. "It was nothing extraordinary; it is just the way I was brought up -- never surrender, never admit defeat."

By his side throughout all the uncertainty was his loving wife, Kirstin. The couple met

amidst a haze of '80s music and hairspray at the Thunderbirds Night Bar in Destin, Fla., and spent the next 25 years traveling the world together.

The two are quick to turn the conversation back to the other. To him, she is the true hero of the story.

"She supports me in any endeavor," said Cooper. "She is the pillar that gives me strength. Throughout this entire process, she never complained. I could not have done it without her."

To Kirstin, Leroy is the most amazing man.

As the chief dove into learning all he could about various treatments, Kirstin dove into books and magazines to see what foods she could cook to help keep his body healthy through the cancer treatments.

"Our day-to-day life didn't change too much, but we spent lots of time researching," said Kirstin. "Hearing he had cancer was a shock. All I could think was, 'I want my husband. Get the cancer out. I don't care what you have to do, just get it out.'"

"Meanwhile, he acted like it was nothing," she added. "He had always been active doing marathons, road biking and triathlons. He is always on the go and that didn't change. His degree of determination amazed me."

Cooper's father, who passed away two years ago, elected to receive a prostatectomy. After seeing how it affected him, Cooper chose a different option.

"Doctors tried to suggest the same procedure for me, but it was my cancer and I had to choose what was best for me and my family," said Cooper. "I was too young to deal with some of the side effects."

He took his time to research the options, along the way ruling out open surgery, robotic surgery, radiation therapy and brachytherapy as possibilities. Nine months later, he settled on the least intrusive solution: proton beam therapy.

He was placed on permissive temporary duty status and began treatments in Oklahoma City May 6 this year.

Every morning after a thorough preparation routine, he put on a "neat bathrobe" and slid into position on a machine that looked like it belonged in a science fiction movie. A loud "ding" signaled for the room to be cleared, and a quiet clicking signaled for the proton beam to begin. The beam, which leaves surrounding tissue healthy, was angled directly into his cancer through his hips.

"The only side effect I had was fatigue, and it was so much easier on the body than traditional treatments would have been," said Cooper. "Again, I felt lucky. During my treatments, I met other men who were often much older and whose cancer had progressed further. I also met children from around the world who had brain tumors. I thought I had it bad, but then I would meet them and know just how privileged I was."

After each treatment, Cooper donned his riding gear and hit the road.

"I wanted to cycle, but the nurses told me no," he said. "So I asked my doctor and he said riding might be painful, but it wouldn't mess anything up."

During the two months of treatment, Cooper logged 1,011 miles. Although staying so active was partially in preparation for the RAGBRAI, it was also a way to mentally sort through what he was dealing with.

"Everyone has their relaxing thing to do, and cycling has always been my avenue to decompress," Cooper said. "It was my alone time to prioritize and think about the things going on in my life. It took me away and allowed me to escape."

On July 11, he was declared cancer-free and set out just days later to represent the U.S. Air Force in the RAGBRAI.

"Even on my best days, I can't do what he did and what he continues to do," said Kirstin. "He's a super guy, a super father and a super husband. To me, he is Superman."

U.S. Air Force Chief Master Sgt. Leroy Cooper, chief controller for the 509th Operations Support Squadron, takes a break during a ride through Knob Noster State Park, Mo., Aug. 22, 2013. While undergoing proton beam therapy for prostate cancer, Cooper used cycling as a way to mentally deal with his situation. Throughout treatment, he accrued more than 1,100 miles and just one week after being declared cancer-free, rode in the world's oldest, largest and longest bicycle touring event.

Airmen asked to participate in DOD anti-tobacco video competition

Air Force Surgeon General
Public Affairs

WASHINGTON (AFMS) -- The Department of Defense, Health Affairs, has recently announced a new counter-marketing video competition that aims to target tobacco as an enemy of the military that degrades service members' health, fitness, mission readiness and work productivity.

The competition entitled, "Fight the Enemy," will run until Oct. 15 and is open to all uniformed DOD personnel, families and DOD civilians, who may submit their best video entry with winners being announced in mid-November.

"If you don't believe tobacco impairs mission readiness, I encourage you to read the IOM report," said Col. (Dr.) John Oh, the chief of health promotion at the Air Force Medical Support Agency, referencing the 2009 Institute of Medicine report "Combating Tobacco Use in Military and Veteran Populations."

Although tobacco use causes cancer, heart disease, stroke, lung diseases, and even impotence, it can also cause other problems that directly impact warfighters, such as reduced endurance, decreased night vision, hearing loss, de-



Department of Defense graphic

The Department of Defense (DoD), Health Affairs, has recently announced a new tobacco counter-marketing video competition aimed to target the message of tobacco being an enemy of our military as it degrades their health, fitness, mission readiness and work productivity. The competition entitled, "Fight the Enemy," will run from now until Oct. 15 and is open to all DoD service members, families and DoD civilians to submit their best video entry with winners being announced in mid-November.

creased wound healing, and increased post-operative complications.

Furthermore, DOD officials estimate that tobacco use costs \$1.6 billion annually in medical costs and decreases work productivity -- a preventable expense the

DOD can ill afford in the current austere fiscal climate, Oh said.

Based on DOD survey data, 17 percent of Airmen smoke cigarettes, a figure slightly less than the national average. Nine percent use smokeless tobacco,

a number well above the 2 percent national average.

"We need to change how tobacco is perceived by Airmen and call it out as the enemy that it is, with adverse impact on health, mission performance, and the economic sustainability of our warfighting capabilities," Oh said.

A humorous promotional video, contest rules, and additional information can be found at www.health.mil/FightTheEnemy. Winners will be announced in conjunction with the American Cancer Society's Great American Smokeout. The first prize winner's video will be featured on the Fight the Enemy website. Winners will receive official recognition and thanks from DOD senior leaders, and all entrants will receive a gift of appreciation.

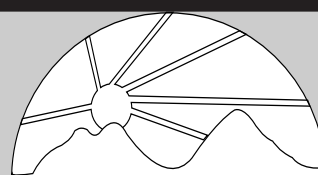
"The Fight the Enemy contest is a fun way for the DOD community to come up with an effective message on how we can win the battle against tobacco," Oh said. "I know we have some very creative Airmen and family members out there who are up to the challenge."

For more information on how tobacco use affects you and those in your environment, as well as ways to quit tobacco, visit www.ucanquit2.org/.

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Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

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Selfless, rigorous task brings joy and comfort



U.S. Air Force photo

Members of the 131st Civil Engineer Squadron pose for a group photo at St. Michaels Academy in Window Rock, Ariz., Aug. 8, 2013. The 131st CE worked at three homes connecting water utility lines, installing septic drainage fields for improved sanitation, and constructing drainage structures such as berms and ditches around homes to protect them from water running down nearby mountain slopes.

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

Innovative Readiness Training – it provides real-world training opportunities for units, helping them prepare them for their wartime missions while simultaneously supporting the needs of America's under served communities.

IRT also focuses on identifying underprivileged areas and sending Guardsmen to help make renovations and provide construction support, as well as receive military training

specific to the civil engineer career field.

The 131st Civil Engineer Squadron currently completed just this type of project in Window Rock, Ariz.

"It is quite an achievement for our CES personnel to perform community service and simultaneously work in their respective career field," said Col. Mark Beck, 131st Mission Support Group commander. "This represents what the 131st CES is all about."

In June 1993, the Assistant Secretary of Defense for Reserve Affairs established the

Directorate for Civil-Military Programs. This idea originated from President Clinton's call to "Rebuild America" and the National Defense Authorization Act for Fiscal Year 1993, ultimately giving birth to Innovative Readiness Training (IRT).

Guardsmen also have the ability to help out Native American organizations and provide benefits to the community by providing convenient service, said Lt. Col. Lane Endicott, 131st CES commander.

Crews on the current IRT project were

assigned to three sites—St Michael's Association for Special Education (SMASE), the Southwest Indian Foundation (SWIF), and remote homesteads, to place modular homes constructed at SWIF.

The SMASE project involves improving roads, drainage and water lines, and remodeling and repairing existing "hogans," or Navajo buildings. Guardsmen on this project also help serve physically and mentally handicapped children and adults from across the Navajo nation. The 131st CES crew continued the renovation of three hogans, each housing three to four children and their care-takers.

SWIF oversees construction of modular homes in a warehouse in Gallup, N.M., and then ships completed homes to needy families across the Navajo nation. Civil engineers also continued construction of two homes currently in the warehouse. The homes have three bedrooms and are 1,200 square feet with laminate flooring, hybrid electric/wood-burning stoves and asphalt shingles.

The 131st CE crew members worked at three homes connecting water utility lines, installing septic drainage fields for improved sanitation, and constructing drainage structures such as berms and ditches around homes to protect them from water running down nearby mountain slope.

"The Navajo area is impoverished, so the results of our work are amplified all the more," said Maj. Dan Nelsen, 131st CES operations officer. "The kids at SMASE and the families receiving homes through SWIF were all very grateful, as was the community at large. We provided a great help to these people. The area is extremely patriotic, and everywhere we went people were giving us hugs, shaking hands and thanking us for our service. We got to march in the Navajo Code Talkers parade in Window Rock, Ariz. on Wed., Aug. 14, which included an Honor Guard presentation of the US, Navajo, Arizona, Missouri and POW/MIA flags."

With their hard work, dedication and pure selflessness, the 131st Civil Engineer Squadron rightly gained an increased sense of pride in what they do.



U.S. Air Force photo

Missouri Air National Guard Master Sgt. Cliff Swyers and Staff Sgt. Sarah Bequette, both 131st Civil Engineer Squadron heating ventilation air condition technicians, install ventilation in a "hogan," or Navajo building, at St. Michaels Academy in Window Rock, Ariz., Aug. 8, 2013. The 131st CES crew members provided construction and home renovations to help assist the physically and mentally handicapped children and adults of the Navajo nation.



U.S. Air Force photo

Missouri Air National Guard Senior Airman Jared Beasley, 131st Civil Engineer Squadron utility technician, installs plumbing in the crawl-space below the "hogans," or Navajo buildings, at St. Michaels Academy in Window Rock, Ariz., Aug. 8, 2013. Members of the 131st Civil Engineer Squadron were sent to Arizona in two-week intervals to help make renovations and provide construction for the Navajo nation.

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MLS 66143.



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Law Enforcement**POLICE OFFICER**

The City of Sedalia will accept applications which **must** be accompanied with a completed Personal History Statement until 12:00 p.m. (noon) on Thursday, September 12, 2013, for the position of Police Officer for the Sedalia Police Department. This position is subject to a Truth Verification (CVSA) examination and random Controlled Substance and Alcohol Testing per City of Sedalia policy.

Applicants must: be 21 years old or within 6 months of their 21st birthday, a U.S. Citizen, minimum of 30 college credit hours, **or** current Missouri P.O.S.T. certification, **or** currently enrolled in Basic 470 or higher Academy, **or** minimum of 2 years current (active duty, reserve, or national guard) military experience with separation within one year, **or** MO Department of Corrections Certification with minimum of two years experience, no felony convictions or serious misdemeanor convictions, valid operator's license, good driving record, and good reputation. Policy also states **no** visible tattoos or brands while in short-sleeved uniform.

Interested applicants may obtain employment application - Police Department and Personal History Statement by going online at www.cityofsedalia.com or by contacting the City of Sedalia's Personnel Office, 200 South Osage, Sedalia, Missouri, 65301.

The City of Sedalia is an Equal Opportunity Employer.

Lots

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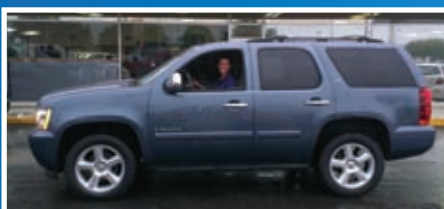
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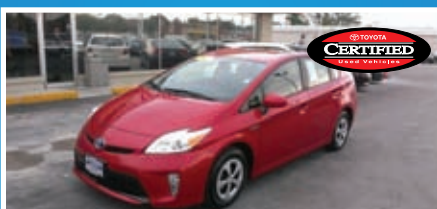
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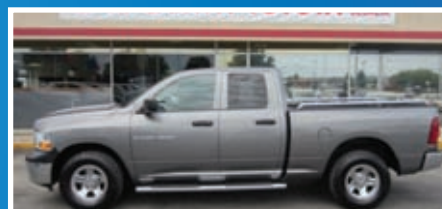
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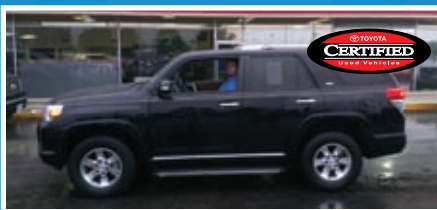
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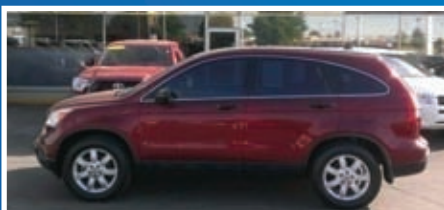
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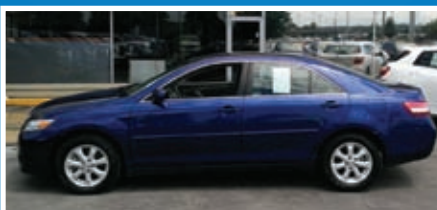
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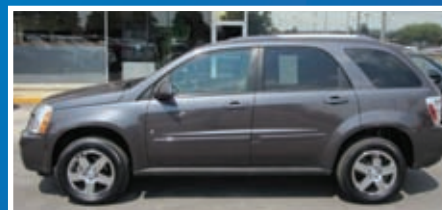
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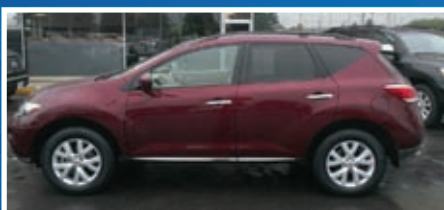
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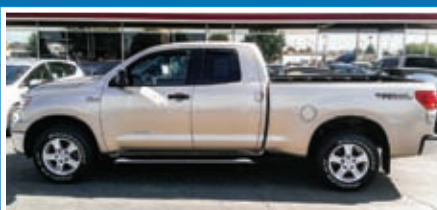
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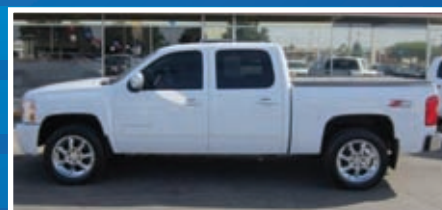
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